

**FREDERICK COUNTY PARKS AND RECREATION**  
**2013 SPROUTS LEAGUE RULES**

**League Goal and Objective:** To provide children with an opportunity to participate in a non-competitive soccer league which focuses on participation, *fun*, exercise, and development.

**1. Field of play**

1. There will be no goalkeepers.

**2. Number of players**

1. Each team shall consist of up to **six (8) players** on the roster. **Teams will play with three/four (3-4) players on the field at a time.**
2. **A team may start and play a game with three (3) players.**
3. Coaches have the right to adjust the numbers of players on the field in order to meet the team needs.
4. There shall be unlimited substitutions, which may occur on the fly. All players should play an equal amount of time.

**3. Equipment and uniform**

1. Each player will be issued a team shirt which is to be worn every game.
2. Soccer or Tennis shoes must be worn.
3. Each player **must** wear shin guards to play.
4. **This league will use a regular size 3 soccer ball as the game ball**

**4. Coach/Referees**

1. One coach from each team shall be on the field of play to assist with refereeing and in-game management. Each on-field coach may also continue to coach and encourage his or her players.
2. The coaches have the authority to have players and spectators removed from the playing area for persistent unsportsmanlike behavior.

**5. Duration of game**

1. **Games shall** begin at the scheduled time.
2. There will be two 20-minute halves.
3. The half-time break shall be approximately five (5) minutes.

**6. Violations**

- A. The following are considered violations for which an indirect kick will be awarded from the spot of the foul.
  1. Slide tackling
  2. Standing in the "goal area/box".
  3. Deliberate/Intentional handling of the ball (coaches judgment)
  4. **Pushing/Tripping - if the coaches determine it to be excessive in force, or deliberately committed (be lenient in calling this, as these young players will likely inadvertently commit these fouls).**
  5. There will be no offside violations.

**7. Game play**

- A. Any ball traveling out of bounds on either sideline will result in a **kick-in** by the other team.
  - 1. **Proper kick-in technique: ball is placed within 1-2 yards (away from the sideline) from the point at which it crossed out-of-bounds.**
- B. Any ball traveling behind the goal will result in either a goal kick (if last played by an offensive player) or a corner kick (if last played by a defensive player)
- C. To start each half, and after goals, the ball will be brought back to midfield for a kickoff by the appropriate team.
- D. Once game is completed, all players and coaches must leave the field immediately to allow for next scheduled game to get underway.

**8. Players/Parents/Coaches Conduct**

- A. Head Coaches are responsible for the conduct of his/her team's players and parents.
- B. Parents will also be held responsible for their own acts. Parents should know this is a recreational league and the **objective is for the KIDS to have fun.**

- 9. **Rules/Policies** may be modified as deemed necessary by the League Director.

**301-600-6291 – Inclement Weather Line**

**Eric Appel - FCPR League Director**

Frederick County Parks & Recreation

w 301.600.1784

c 240.674.2386

e eappel@frederickcountymd.gov